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**FOR IMMEDIATE RELEASE**  
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# **Watertown Foundation awards \$19,000 in Health Grants**

The Watertown Community Foundation (WCF) Board of Directors has awarded \$19,000 in “Healthy Watertown” grants funded by Tufts Health Plan Foundation to the following ten nonprofit organizations serving Watertown.

**Families for Depression Awareness:** A grant to conduct a Teen Depression Program in Watertown to educate a minimum of 100 families.

**Improbable Players and Watertown Middle School:** A grant to present WMS 6th graders with a performance about substance abuse prevention and healthy choices as well as to provide six related theater workshops for the 7th graders.

**Lowell Elementary School:** A grant to expand the school’s Learning Garden so each grade level will have designated space for curriculum-connected, project-based learning.

**St. Vincent de Paul Food Pantry at St. Patrick’s Church:** A grant to purchase nutritious food.

**Watertown Food Pantry:** A grant to purchase nutritious food.

**Watertown Public Schools:** A grant to help fund a pilot position for a Garden Coordinator whose job will be to help sustain the existing outdoor classrooms/gardens and support an integrated curriculum that links food to culture, health, and the environment.

**Watertown Public Schools and Friends:** A grant to launch a Speaker Series, consisting of three events focused on the topic of “Healthy Technology Use for Adolescents.”

**Watertown Public Schools – Special Education:** A grant for more nutrition, fitness education and healthy life skills; specifically, a swimming program for special ed. students at Watertown Middle School.

**Watertown Youth Coalition, Watertown Public Schools and World in Watertown:** A grant to continue the Healthy Watertown *SPEAK* (Sharing Personal Experience and Knowledge) *Project*, an initiative that brings educational speakers and activities to Watertown High and Middle Schools to educate students, faculty and parents about healthy decision-making and substance abuse, bullying, and suicide prevention while also promoting respect for diversity in Watertown.

**Watertown Youth Soccer:** A grant to expand WYS's all-inclusive soccer program to also provide a nutrition program and guidance specifically combating childhood obesity.

*The Watertown Community Foundation has awarded over \$530,000 in grants since it was founded in 2003. It works to build and sustain a vibrant, close-knit community in Watertown – now, and for future generations. To accomplish this, WCF raises funds from people and partner institutions, awards grants to non-profits and community projects, and builds networks of donors, grantees, program participants and stakeholders.*

*WCF and its grantees are consistent leaders:*

- *Advancing education and health,*
- *Supporting the most vulnerable,*
- *Protecting the environment,*
- *Encouraging creativity and the arts,*
- *Fostering community engagement and leadership.*

**Persons interested in supporting WCF should contact:** Michael Schade, Executive Director, at 617-926-1500 or at [mschade@watertownfoundation.org](mailto:mschade@watertownfoundation.org).

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